



COVID CORONAVIRUS DISEASE 19

What to do if you are an employee working during COVID-19?

COVID-19 is spreading in Harris County communities. While all everyone is at risk for exposure, we recommend that employees take specific precautions to protect themselves. This guidance is for people who are working in non-healthcare related settings.

Make sure that you are not sick before going to work

One way to do this is by taking your temperature or monitoring for other COVID-19 related symptoms. Some workplaces have symptom screening protocols before starting a shift; check with your employer about their protocols. Stay home from work, and call your employer if you feel ill or have any signs or symptoms of COVID-19 such as:

A measured temperature of 100°F and above or feel feverish

Cough

Shortness of breath

Loss of smell and taste

Chills

Muscle pain

Headache

Sore throat

Repeated shaking with chills

Diarrhea

Known close contact with a person who is lab-confirmed to have COVID-19

Know what to do if you start feeling sick while at work

If you start feeling ill while at work, we recommend putting on a mask right away (if available), notifying your supervisor, and planning to leave as soon as possible. Check with your employer about the specific protocol at your workplace. Consider asking about their plans for exposed employee exclusion from work or return to work criteria

If you have been exposed

Talk with your employer about if you should stay out of work, or what additional measures to take before going to work. If you have ongoing exposure, such as living with or providing care for someone with COVID-19 at home, it's important to monitor yourself for symptoms regularly. Stay home from work if you develop cough, fever, or shortness of breath

Free testing is available through HCPH, regardless of insurance coverage or immigration status.

Visit <http://covcheck.hctx.net> or call 832.927.7575

Covered employers and employees should be aware of the provisions of the federal [Families First Coronavirus Response Act](#), which allows for paid sick leave or expanded family and medical leave.